



**December 2012**



**Jodi Ross,  
Town  
Manager**

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**Dear Westford Residents,**

In the midst of the holiday season, there is much to be thankful for. Many of our town employees contributed Thanksgiving food for those Westford residents in need. Additionally, employees have donated gifts and food for Hanukkah and Christmas. I am grateful to these town employees who have so generously provided for others.

I am pleased to announce that the Veteran's Housing project on Acton and Carlisle Roads was awarded \$100,000 from TD Bank as one of three projects awarded funds in New England. Thank you to those involved in this effort, and congratulations on being recognized with funding to assist with this project.

The Board of Selectmen have been busy this month. They voted to approve the "as-built" plans for the town common – and I would like to thank the Town Common Restoration Committee who helped to design our current town common landscape, benches, bandstand and memorials. I would also like to thank the Parks Department for all their efforts maintaining and beautifying our common.

The board voted to approve a mandatory recycling policy. This policy will be sent to all residents via the census letter. It basically states that on the weeks when your neighborhood has recycling pick-up, if you do not recycle, your trash will not be picked up.

The selectmen voted to raise the fee for unaltered (non-spayed) dogs from \$15 to \$20 to comply with Senate Bill 2192, An Act Further Regulating Animal Control, which went into effect on October 31, 2012.

Our Veteran's Agent sought and received Board of Selectmen approval to adopt Massachusetts General Law Chapter 59, Section 5N in order to establish a program in town to allow veterans to volunteer to provide services in exchange for receiving a reduction in their real property tax obligations.

The selectmen sent a letter to Pan Am Railways requesting they discontinue their practice of allowing trains to idle on tracks located within our town. This letter was also sent to our state and federal officials seeking their assistance in forcing Pan Am to comply with our request.

The town notified the owners of 12 North Main St (Westford Anodizing Building) of the need to address safety issues with their structure. They were ordered to secure or remove some parts of the building to prevent further deterioration or possible injury to the public.

Assistant Town Manager John Mangiaratti recently applied for grants through MIIA, our general insurance carrier, and received grants of \$9,500 for roof management studies, \$1,450 to purchase a trailer to transport our trench box, and \$2,719 to purchase safe stools to be used in our schools and other municipal buildings.

Fiscal Year 2014 budget hearings continue most Thursday evenings with the Finance Committee and Board of Selectmen meeting with each department head to review their requests for funding. These meetings are televised and all budget materials are on our website to allow residents to follow along.

December is a very busy month here in Westford, but I would like to take a moment to send my heartfelt wishes to each and every one of you for a wonderful holiday season.

Sincerely,

Jodi Ross

## J.V. Fletcher Library News

### Buy Local - Read Local

**Saturday, December 15, 1- 4 p.m.**

The Westford Museum & Historical Society and the J. V. Fletcher Library jointly sponsor ***Westford's Second Annual Westford Authors Book Sale***, in the ground floor Meeting Room of the J. V. Fletcher Library. Join fellow readers and meet local authors while enjoying holiday refreshments by Sweet Visions. Enjoy this unique opportunity to purchase autographed works for your Holiday Giving!

### WESTFORD READS!

**January through April 2013.**

Consider as a holiday gift either of the two titles which Westford will be reading during Winter 2013 as the community's first Community READS initiative. Chosen in honor of the 150<sup>th</sup> Anniversary of the Civil War, we will be reading March by Geraldine Brooks and Confederates in the Attic by Tony Horwitz and hosting Civil War-based events and programs through April 2013.

#### Holiday Hours

Christmas Eve	Monday, Dec. 24, Open 10-1
Christmas Day	Tuesday, Dec. 25, Closed
New Year's Eve	Monday, Dec. 31, Open 10-5

#### Regular Library Hours

Monday thru Thursday: 10:00 a.m. to 9:00 p.m.  
 Friday: 1:00 p.m. to 5:00 p.m.  
 Saturday: 10:00 a.m. to 5:00 p.m.  
 Sundays: 2:00 p.m. - 5:00 p.m. (Open: January through April only)

[westfordlibrary.org](http://westfordlibrary.org)



## Council on Aging News

Ring in the New Year at the Cameron Senior Center luncheon on Saturday, December 29<sup>th</sup>. Doors open at 10 a.m. for those who pre-registered at 978 692-5523. Lunch served around noon. Deadline for sign up is December 17<sup>th</sup>.



### Food pantry at the Cameron Center, 20 Pleasant Street

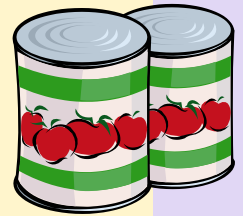
#### December Hours

Monday the 17<sup>th</sup>, 1 – 3:30 p.m.

Wednesday 19<sup>th</sup>, 8:30 – 11:30 a.m.

Thursday the 20<sup>th</sup>, 8:30 – 11:30 a.m. and 6:00 – 8:00 p.m.

Friday the 21<sup>st</sup> 8:30 – 11:30 a.m.



Open to all residents in need of food.

Fuel Assistance Appointments please call us for an application at 978 692-5523.

Transportation services Monday – Friday throughout Westford and surrounding towns for age 60 and over or disabled call 978 399-2322. Round trip fare in Westford \$3.

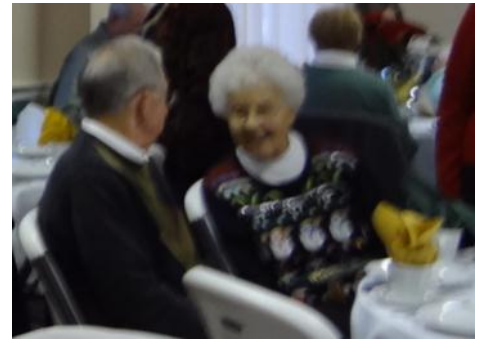
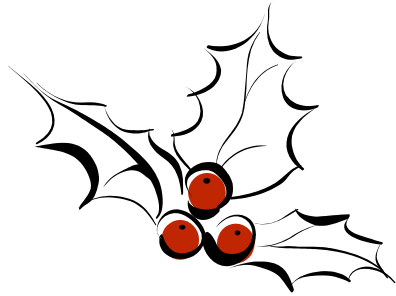
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Westford Senior Center



## Cameron Senior Center Holiday Luncheon 2012



## Fire Department News



### Holiday Fire Prevention

The Holiday Season is upon us and there are many different ways people celebrate. We ask for everyone to follow a few simple steps to keep your home safe for your family and guests this holiday season.

**Candles** are used in many holiday traditions and we ask you to be especially careful this time of year. When using candles remember the Circle of Safety, which is keeping anything free that can burn one-foot away, or think of a basket ball cut in half with the candle in the middle and nothing near the edge of the circumference of the ball. Never leave burning candles unattended or allow them to burn down too close to the holder. Should you have young children or pets place candles where they cannot be reached or knocked over.

**Electric Lights** can be displayed in many different ways and often are used year after year. Make sure they are listed by an approved testing agency such as Underwriter's Laboratory (UL) or Factory Mutual (FM). Check for frayed wires, broken plugs or sockets. Replace, discard worn or damaged lights as it is less expensive than the cost of having a fire. Avoid overloading extension cords and plugs. Use no more than three strands of lights on a single extension cord.

Verify your **Outdoor decorations** are rated for outdoor use. Securely anchor outdoor lights and decorations against wind and storms. Outdoor electrical decorations should be plugged into a ground-fault circuit interrupter (GFCI) using a properly sized outdoor electrical extension cord. Do not drive nails, staples, or tacks through electrical wiring. Use insulated holders or hooks instead.

**Live trees and evergreens** are a holiday tradition that can be as beautiful as aromatic. Never use a cut tree in a place of public assembly (office, hotel lobbies, restaurants or places of worship). Be sure to water live trees every day and place them in a sturdy stand so it cannot be knocked over. Keep candles away from evergreens and make sure electrical bulbs do not touch the evergreen or tree. Turn off the lights when leaving the house or going to bed for the night. Often forgotten, dispose of your tree and evergreens soon after the holidays for once they dry out they become fuel for a fire both inside and outside your home. Keep in mind an abandoned tree is frequently attractive to vandals so take advantage of your community's tree pick-up day sponsored by the Westford Firefighters Association.

From all of us at the Westford Fire Department we wish to extend to you and your family Happy Holidays. Keep it safe, test your smoke and carbon monoxide alarms. Make sure you have a house number on your home 3 inches in height in a contrasting color, not hidden by holiday decorations.

## **Health Department News**

### **Flu Vaccination Continues by Appointment**

Although all of the Westford Health Dept. sponsored public and school based clinics were completed in November, the Health Dept. will continue to vaccinate Westford residents, age 3 years and older. Vaccinations will be scheduled while supplies last. The remaining Health Dept. flu vaccine supply includes the regular injectable form (licensed for ages 3 years and up), the FluMist nasal spray form (licensed for ages 2 through 49 years) and the High Dose Fluzone injectable form (licensed for ages 65 years and older).

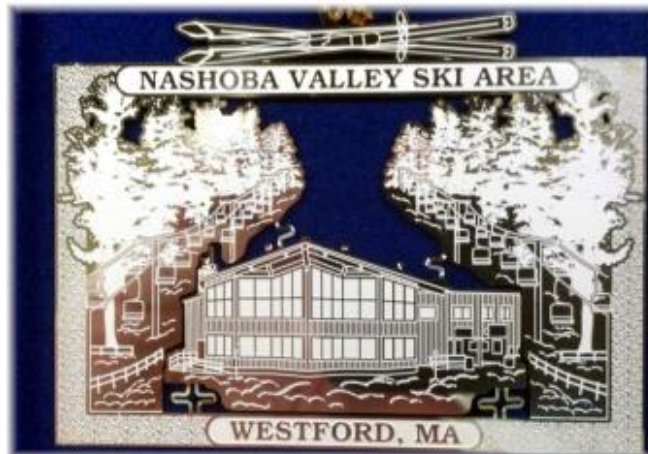
The following dates have been set up to accommodate residents. Clinics will be held at Town Hall:

<b>December 13</b>	<b>January 4</b>
<b>December 21</b>	<b>January 10</b>
<b>December 27</b>	<b>January 16</b>

To find out more influenza news and prevention information or to schedule an appointment, please call the Westford Health Dept. at 978-692-5509 or see our webpage at [westfordma.gov/boh](http://westfordma.gov/boh).

### **New Ornament Now Available**

This year's new ornament in Westford Against Substance Abuse (W.A.S.A.) collectors series is Nashoba Ski Area! This ornament goes along with the 5 previous ornaments, Town Hall, Collage (Westford Knight, the Arch Bridge and Hills Orchard), Library, Kimball's and Westford Academy. This year's ornament, and any previous ornament, can be purchased for \$20 at the Westford Health Department 2<sup>nd</sup> floor town hall, Roudenbush and the Fletcher Library. Money from the sales of the ornaments goes to support substance abuse programs in town. Come and add to your collection!



## Health Department News (continued)

### Let's Move Westford-Burning Calories during the Winter Season

According to the Centers for Disease Control and Prevention (CDC), exercising seven hours a week significantly reduces the risk of early death. Additional benefits of regular exercise include better sleep, increased self-esteem, stress reduction, weight management and disease prevention. Calories burned during exercise vary with a person's weight and activity intensity.

You can burn some big calories by just having fun or conducting those winter chores.



#### Playing in the Snow

- Sledding with your family can burn an average of 400 calories an hour.
- Ice-skating for an hour can burn an average of 310-450 calories,
- Snowshoeing for an hour can burn an average of 450 calories
- Cross-country skiing for an hour can burn between 500 and 700 calories.
- One hour of Down- Hill Skiing can burn between 400 and 500 calories
- Shoveling snow off your driveway can melt between 300 and 400 calories.
- Building a snowman can burn an average of 100-150 calories

#### Chores

- Shoveling snow for 30 minutes burns between 150-200 calories
- Chopping wood for 30 minutes also burns between 150-200 calories
- Vacuuming or mopping the floor for an hour burns 238 calories
- Walking the dog for an hour or cleaning the windows for an hour burns 204 calories

#### Dancing

- An hour of ballet or tap dancing burns an average of 300 calories
- Belly dancing burns 307 calories per hour.
- An hour of line, swing, hula or contra dancing burns 306 calories.
- Tango dancing and slow ballroom dancing each burn 204 calories an hour.

#### References:

- ♦ [CDC.gov: Physical Activity for Everyone: The Benefits of Physical Activity.](http://www.cdc.gov/physicalactivity/basics/paBenefits/index.html)
- ♦ [Fitness.gov: The President's Council on Physical Fitness and Sports.](http://www.fitness.gov/physical-activity/index.html)
- ♦ [CaloriesPerHour.com: Calories Burned, BMI, BMR and RMR Calculator.](http://www.caloriesperhour.com/calculator/bmi_bmr_rmr_calculator.php)
- ♦ <http://www.livestrong.com/article/25979-list-activities-calories-burned/#ixzz2EI2ITQsu>
- ♦ *Ladies' Home Journal*, December 2012.



## **Health Department News (continued)**

### **Upper Merrimack Valley Medical Reserve Corps Awarded Regional Grant**

The Upper Merrimack Valley Medical Reserve was recently awarded a FEMA grant in the amount of \$15,361.90 to assist pet owners and communities with emergency preparedness efforts. History has shown that in disasters pet owners risked their own safety rather than leave their pets behind. Because of this, FEMA now requires communities to plan for pet shelters if they are to receive reimbursement for shelter operations. This grant will assist with the planning efforts across the region.



The funding will be used to purchase shelter supplies to set up pet friendly shelters as well as to provide an educational campaign across the Upper Merrimack Valley. This initiative will enable communities to become better prepared for all types of emergencies.

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## **Water Department Winter Reminder**

**Help  
Keep**

### **Fire Hydrants Clear:**



Please help keep hydrants cleared of snow – making them visible and readily accessible in the event of a fire emergency. During an emergency nobody wants firefighters wasting precious time looking for a hydrant buried under the snow – or having to clear away the snow to use it. With more than 1,000 hydrants in town the Water Department needs your help keeping them clear after a snowstorm. If there is a hydrant in front of your house – and you are physically able – please take the time to clear an area several feet around the hydrant.



## Water Department News

The Water Department recently completed the first phase of a water main improvement project along Route 110. The first phase included installation of approximately 2,500 feet of new 12-inch ductile iron water main from Nixon Road (near Chili's) to St. Mary's Drive (at Nashoba Technical High School). The purpose of the project was to replace the existing 8-inch main and improve fire protection and water system reliability to the Town's main commercial district. All customers along the project route were connected to the new main including Nashoba Technical High School, the entire Technology Park, the new Bridges at Westford project, and customers along South Chelmsford Road. All of the trenches will be repaved next spring. Construction of this phase of the project was completed by Cedrone Corporation, of North Billerica, MA.



**Construction workers prepare to install new 8-inch connection to Nashoba Tech High School.**

The second phase of this project is expected to begin in the spring 2013, when MassDOT begins reconstruction of Route 110 from Boston Road to Nixon Road. The existing water main in this section will also be replaced with new 12-inch ductile iron water main. When this phase is completed, the water distribution system will include a 12-inch transmission main extending from Concord Road (Route 225) to Tadmuck Road, a distance of over 2.5 miles. This was a key infrastructure improvement that has been identified in the Water Department's Master Plan. The entire project, which is financed exclusively from the Water Department Enterprise fund, will cost approximately \$1.3M.



***New 12-inch water main is connected to existing water main near St. Mary's Drive***